

## Warm Chocolate Souffle Cakes with Raspberry Sauce

Yields: 12 cakes

### Ingredients:

#### Sauce:

2/3 c granulated sugar

¼ c orange juice

1 (12 oz) pkg. frozen raspberries, thawed

#### Cakes:

cooking spray

2 T granulated sugar

¾ c fat-free milk

¼ c half-and-half

2 oz. unsweetened chocolate, chopped

¼ c. unsweetened cocoa

1 t. vanilla extract

1 ¼ c. granulated sugar, divided

¼ c. butter, softened

3 large egg yolks

¼ c. all-purpose flour

¼ t. cream of tartar

5 lg. egg whites

1 T powdered sugar

### Directions:

#### DAY 1

1. To prepare sauce, combine first 3 ingredients in a food processor; process until smooth. Strain through a sieve into a bowl; discard solids. Chill.
2. To prepare cakes, coat 12 (6 oz) ramekins with cooking spray; sprinkle evenly with 2 T granulated sugar. Set aside.
3. Combine milk and half-and-half in a small saucepan. Bring to a simmer over medium-high heat (do not boil). Remove from heat; add chocolate, stirring until chocolate melts. Add cocoa and vanilla, stirring with a whisk. Pour into a large bowl; cool completely.

#### DAY 2

4. Preheat oven to 325
5. Place 1 cup granulated sugar and butter in a medium bowl; beat with a mixer at high speed until light and fluffy. Beat in egg yolks. Add cooled chocolate mixture; beat until blended. Lightly spoon flour into a dry measuring cup; level with a knife. Stir into chocolate mixture.
6. Place cream of tartar and egg whites in a large bowl; beat with a mixer at high speed until soft peaks form. Gradually add remaining ¼ cup granulated sugar, 1 T at a time, beating until stiff peaks form. Gently stir one-fourth egg white mixture into chocolate mixture; gently fold in remaining egg white mixture. Spoon into prepared ramekins.
7. Place ramekins in 2 (13x 9) baking pans; add hot water to pans to a depth of one inch. Bake for 33 minutes or until puffy and set. Loosen cakes from sides of ramekins using a narrow metal spatula. Invert the cakes onto 12 dessert plates. Sprinkle evenly with powdered sugar and serve with raspberry sauce.